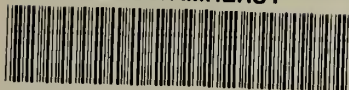


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# Directory of Parenting Education Curricula

1994

GOVERNMENT DOCUMENTS  
COLLECTION

MAY 10, 1995

University of Massachusetts  
Depository Copy

## Children's Trust Fund



Preventing Child Abuse In Massachusetts

The Massachusetts Children's Trust Fund (CTF)  
is a public-private partnership  
whose sole purpose  
is to mobilize all segments of the community  
to prevent child abuse  
by strengthening and supporting families.

Created by state law in 1988,  
CTF is charged with implementing Massachusetts'  
child abuse prevention plan.

This publication was compiled by Children's Trust Fund, 1994. For more information about  
child abuse prevention, contact:

Children's Trust Fund  
10 West Street, 3rd Floor  
Boston, MA 02111  
(617) 727-8957

## Introduction

The Massachusetts Children's Trust Fund (CTF) believes that all parents should be supported in their caretaking role. It is in the home, in context of family life, that children develop lifetime perceptions of the world and of themselves. The job of parenting, including teaching, protecting and nurturing children, is one of the most important responsibilities adults can assume.

Parenting is a difficult and demanding job. Parents need a variety of resources to help them prepare for and cope with the demands and challenges of family life. Professionals agree that parenting education can increase parenting skills and reduce child abuse. Whether parents are experiencing the excitement and stress of a newborn, struggling with the "terrible twos," or living with a teen, they can benefit from opportunities to learn new ways to nurture their children and gain support for themselves.

CTF is committed to enhancing parenting education and support in Massachusetts by providing the following resources for parent educators:

- ▶ Parenting Education Resource Lending Library,
- ▶ Family Support Grants for community-based parenting groups for parents of children aged 0-6,
- ▶ Conferences and training institutes for parent educators, and
- ▶ *Directory of Parenting Education Curricula* updated annually.

This Directory was developed in response to numerous requests for information on parenting education curricula. CTF's intention is to provide accurate information about existing resources. Listing of curriculum does not indicate an endorsement by the Massachusetts Children's Trust Fund.

We would like to acknowledge the superb work of Mara Mintzer and Cassie Mitchell in the preparation of this directory. We welcome comments and suggestions for future editions of our *Directory of Parenting Education Curricula*.



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26	Growing Together	all parents	English only	0-6 months
27	Growing Up Again: Helping Ourselves, Helping Our Children	parents raised in dysfunctional homes	English, Sign-Language, French	all ages
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30	Healthy Start-Prenatal Curriculum	Parents at risk for child abuse or neglect	English only	not applicable
31	How to Talk so Kids Will Listen and Listen so Kids Will Talk*	all parents	English only	all ages
32	Hugs 'n' Kids*	high risk parents	Spanish, English	4-5 years
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34	It Takes a Village to Raise a Child*	all parents	Spanish, English	9-12 years
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39	MOTHEREAD	all parents	English only	4-12 years
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41	Nurturing Program for Foster and Adoptive Families	foster and adoptive parents	English only	all ages
42	Nurturing Program for Parents and Adolescents	at-risk or substantiated abuse and neglect	English only	12-19 years
43	Nurturing Program for Parents and Children 4-12 Years*	at-risk or substantiated abuse and neglect	Spanish, English	4-12 years
44	Nurturing Program for Parents and Children Birth to Five Years*	at-risk or substantiated abuse and neglect	Spanish, English	0-5 years
45	Nurturing Program for Parents with Special Learning Needs & Their Children	parents with mild-moderate learning disabilities, emotional problems, intellectual handicaps, and ESL or non-reading parents	English only	0-7 years
46	Nurturing Program for Prenatal Families	all parents, especially pregnant and at-risk for child abuse and neglect	English only	prenatal
47	Nurturing Program for Teenage Parents and Their Families*	teen parents and their parents (child's grandparents)	English only	0-5 years
48	Our Sacred Gifts	Indian Parents with limited reading skills, especially those with chemical dependence	English only	all ages
49	Parent-Caregiver Partnerships	all parents	English only	preschool
50	Parent Effectiveness Training (PET)	all parents	Spanish, English	all ages
51	Parent Making: A Practical Handbook for Teaching Parent Classes About Babies and Toddlers*	all parents	English only	0-3 ages
52	Parent to Parent, Parenting for Safe and Drugfree Youth	comes in three versions: Anglo-American, African-American, Hispanic-American	Spanish, English	all ages

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53	Parenting Curriculum for Language Minority Parents*	parents with limited English	English, Chinese, Hmong, Khmer, Korean, Lao, Spanish, Vietnamese	all ages
54	Parenting Plus	all parents: designed for high stress/low-income parents; versions for parents of children with special needs; and for battered mothers, migrant farmworker parents, and parents who are homeless	Spanish, English	1-12 years
55	Parenting Renewal	all parents	English	infancy, preschool, grade school
56	Parenting Skills	all parents	English only	all ages
57	Parenting Under Stress	parents experiencing life stresses such as divorce or chemical dependency	English only	all ages
58	Parents Show You Care	parents with second to fifth grade reading levels	English only	young children and preteens
59	Positive Discipline	all parents	English only	all ages
60	Practical Parent Education	all parents	Spanish, English	0-18 years
61	Raising Young Children in Troubled Times	all parents	Spanish, English	6-18 years
62	Reaching Adolescent Parents (RAP II)	adolescent parents	English, available soon in Spanish	7-11 years
63	Reaching All Parents (RAP III)	all parents	English, available soon in Spanish	7-11 years
64	Recovering Parents*	chemically dependent parents, their spouses, adult children of alcoholics	Spanish	0-10 years
65	Reducing Stress in Mothers of Children with Special Needs	mothers with special needs children	English only	all ages

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66	<b>Responsive Discipline: Effective Tools for Parents*</b>	all parents	English only	all ages
67	<b>Responsive Parenting*</b>	all parents	English only	1-10 years
68	<b>Self-Esteem: A Family Affair</b>	parents, grandparents, adoptive, and foster parents, and blended families	English only	all ages
69	<b>Shaking, Hitting, Spanking: What to do Instead*</b>	all parents	English; Spanish version due 1995	all ages
70	<b>Siblings Without Rivalry*</b>	all parents	English only	all ages
71	<b>Strengthening Multi-Ethnic Families and Communities</b>	all parents	English; available soon in Spanish	3-18 years
72	<b>Strengthening Stepfamilies</b>	stepparents and their spouses	English only	all ages
73	<b>Supportive Connections: Rural Communities and Single Parent Families*</b>	recently divorced, single parent families living in rural communities	English	school-aged
74	<b>Systematic Training for Effective Parenting (STEP)</b>	all parents	Spanish, English	all ages
75	<b>Systematic Training for Effective Parenting of Teens (STEP/teen)</b>	all parents	English only	teens
76	<b>Teaching Parenting</b>	all parents	English only	all ages
77	<b>The Child Care Series</b>	all parents, designed for low-income/low-literacy parents; adaptations for Parents who are Deaf/Hard of Hearing, and Latino populations	Spanish, English	0-2 years
78	<b>The Employed Parent</b>	working parents, teens, and single parents	English only	all ages
79	<b>The Video SOS! Help for Parents Education Program*</b>	parents and childcare workers	video - English; parent handouts - Spanish & English	2-12 years
80	<b>TIPPS for Families (Training in Positive Parenting Skills)</b>	all parents	English only	all ages

<u>Page</u>	<u>Curriculum Name</u>	<u>Target Parent Group</u>	<u>Languages</u>	<u>Age of Children</u>
81	Windows: Healing and Helping Through Loss	all parents	English only	Preteen/Teen
82	Without Spanking or Spoiling*	all parents	English only	2-5 years
83	Working with Pregnant and Parenting Teens -- Teacher's Guide	teen parents	English only	prenatal - newborns
84	Working With Single Parent Families	single parents	English only	all ages
85	Workwise: A Life Skills/Career Awareness Course for Teen Mothers & Others	teen mothers	English only	all ages
86	Young Family*	all parents, but especially designed for low literacy, at-risk parents	Spanish	0-2

\* Indicates curricula available at the Children's Trust Fund Resource Library. If you would like to use the library, please call Cassie Mitchell at CTF (617-727-8957).

## A Child in Your Life

- Author:** Judith A. Myers-Walls
- Producing Organization:** Purdue Cooperative Extension
- Target Parent Group:** low-income, adolescent parents
- Age of Children:** 0-3 years
- Number of Sessions:** 6
- Languages:** English
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To increase parents' knowledge of child development, child behavior management and child nutrition.
- Example Topics:** child development, discipline, nutrition, support systems
- Cost:** videos \$15 and booklets \$.34 to .46 each
- Materials included:** videos, easy-reading booklets, workshop outlines
- Ordering Address:** Media Distribution Center  
301 South 2nd Street  
Lafayette, IN 47905
- Phone number:** 317-494-2936
- Fax number:** 317-496-1144



## ABC's for Parents: Assuring Better Children

**Author:** Stephen J. Bavolek, Ph.D. and Gloria Cheek, M.Ed., M.S.W.

**Producing Organization:** Family Development Resources, Inc.

**Target Parent Group:** all parents, especially parents at-risk for abuse and neglect

**Age of Children:** 5-6 years

**Number of Sessions:** 6, 2-hours each

**Languages:** Spanish, English

**Facilitator Training:** not available

**Component for Children:** yes

**Stated Goal(s):** To provide parents of children entering kindergarten with an opportunity to learn new skills, parenting education, and promote family enrichment.

**Example Topics:** healthy ways to express anger, promoting school success, problem solving, negotiating, recognizing warning signs for drug use, family rules, managing behavior

**Cost:** \$391.40

**Materials included:** implementation manual, parent handbook, activity manual for parents, activity manual for children, evaluation forms, games, certificates, video

**Ordering Address:** Family Development Resources, Inc.  
3160 Pinebrook Road  
Park City, UT 84060

**Phone number:** 1-800-688-5822

**Fax number:** 801-649-9599

## Active Parenting of Teens

<b>Author:</b>	Dr. Michael Popkin
<b>Producing Organization:</b>	Active Parenting Publishers
<b>Target Parent Group:</b>	all parents of adolescents
<b>Age of Children:</b>	10 years and up
<b>Number of Sessions:</b>	6
<b>Languages:</b>	English only
<b>Facilitator Training:</b>	available
<b>Component for Children:</b>	no
<b>Stated Goal(s):</b>	To help parents instill in children a lifetime of positive qualities, communication skills, discipline, and a healthy self-image
<b>Example Topics:</b>	parenting skills, instilling self-esteem and responsibility in teens, dealing with drug and alcohol use, talking about sexuality
<b>Cost:</b>	\$295 for Program Kit plus \$12.95 per parent
<b>Materials included:</b>	video, leader's guide, parent guide, promotion materials, illustrated poem, drug prevention booklet
<b>Ordering Address:</b>	Active Parenting Publishers 810 Franklin Court, Suite B Marietta, GA 30067-9085
<b>Phone number:</b>	1-800-825-0060
<b>Fax number:</b>	404-429-0334
<b>Additional Comments:</b>	Qualifies for Drug Free Funds

## Active Parenting Today\*

- Author:** Dr. Michael Popkin
- Producing Organization:** Active Parenting Publishers
- Target Parent Group:** all parents
- Age of Children:** 2-12 years
- Number of Sessions:** 6
- Languages:** Spanish, English, Japanese (books only)
- Facilitator Training:** available
- Component for Children:** no
- Stated Goal(s):** To provide parents with information and skills to foster in their children the qualities necessary for thriving in a democratic society.
- Example Topics:** helping children boost self-esteem, developing children's independence and responsibility, communication, parenting skills
- Cost:** \$345 for Program Kit + \$12.95 per parent
- Materials included:** video, leader's guide, parent handbook, activities, promotion materials, drug prevention booklet
- Ordering Address:** Active Parenting Publishers  
810 Franklin Court, Suite B  
Marietta, GA 30067-9085
- Phone number:** 1-800-825-0060
- Fax number:** 404-429-0334
- Additional Comments:** Qualifies for Drug Free Funds



## Errata

Page 80, *TIPPS for Families*

The cost of materials listed on page 80 should be \$25 instead of "free."



## Anger Management for Parents: The RETHINK Method

<b>Author:</b>	Institute for Mental Health Initiatives
<b>Producing Organization:</b>	Institute for Mental Health Initiatives
<b>Target Parent Group:</b>	all parents
<b>Age of Children:</b>	all ages
<b>Number of Sessions:</b>	flexible
<b>Languages:</b>	English only
<b>Facilitator Training:</b>	not available
<b>Component for Children:</b>	no
<b>Stated Goal(s):</b>	To prevent child abuse by teaching parents skills for constructive anger management.
<b>Example Topics:</b>	child development, parenting skills, dealing with anger
<b>Cost:</b>	\$200
<b>Materials included:</b>	video, discussion leader's guide, 5 parent manuals
<b>Ordering Address:</b>	Research Press Dept. 142, P.O. Box 9177 Champaign, IL 61826
<b>Phone number:</b>	217-352-3273
<b>Fax number:</b>	217-352-1221
<b>Additional Comments:</b>	There is a program that goes along with this called "Learning to Manage Anger: The RETHINK Workout for Teens."

## **Black Parenting Education Program (BPEP)**

**Author:** not provided

**Producing Organization:** Relevant Educational Corporation

**Target Parent Group:** African American parents

**Age of Children:** 0-5 years

**Number of Sessions:** up to 19

**Languages:** English only

**Facilitator Training:** 1 day of training provided

**Component for Children:** no

**Stated Goal(s):** To strengthen and empower African-American parents through a culturally relevant curriculum, to teach parents how to care for children 0-5, and to prepare them for a successful school experience.

**Example Topics:** overcoming substance abuse, child abuse, recognizing child deficiencies, building self-esteem, overcoming personal stresses

**Cost:** \$395

**Materials included:** 5 textbooks for parents, 1 instructor's guide, pre- and post-evaluations

**Ordering Address:** Relevant Educational Corporation  
4665 South 4th Street  
Arlington, VA 22204

**Phone number:** 703-920-7006

**Fax number:** 703-553-0657

## **Building Strong Families: Parenting Young Children\***

**Author:** Children, Youth and Family Programs; Extension Home Economics

**Producing Organization:** Michigan State University Extension

**Target Parent Group:** parents with limited resources and limited literacy skills

**Age of Children:** 0-3 years

**Number of Sessions:** 10-12

**Languages:** English only

**Facilitator Training:** available

**Component for Children:** no

**Stated Goal(s):** To provide parents and caregivers with the knowledge and skills necessary to help the children reach their potential.

**Example Topics:** child development, positive discipline alternatives, positive parent-child interactions, and goal setting for parents

**Cost:** \$275

**Materials included:** multi-cultural, cartoon-style flip charts, training manual, video, concept sheets, slides, supplemental activities also available

**Ordering Address:** Extension Home Economics  
103 Human Ecology Building  
East Lansing, MI 48824-1030

**Phone number:** 517-355-6586

**Fax number:** 517-353-6343

## **Cherish the Children**

**Author:** Priscilla Buffalohead

**Producing Organization:** Minnesota Indian Women's Resource Center

**Target Parent Group:** Native American

**Age of Children:** all ages

**Number of Sessions:** 14

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To help Indian parents understand the beliefs, values, and methods of parenting in traditional ways.

**Example Topics:** physical development, nutrition, communication, health, safety, self-esteem, traditional Indian foods, Indian life long ago and today

**Cost:** \$50

**Materials included:** trainer's manual, participant guide, worksheets, parent-child activities, evaluation suggestions, illustrations

**Ordering Address:** Minnesota Indian Women's Resource Center  
2300 15th Avenue South  
Minneapolis, MN 55404

**Phone number:** 612-728-2000

**Fax number:** 612-728-2039

## Confident Parenting

**Author:** Robert Eimers and Robert Aitchison, Ph.D.

**Producing Organization:** Center for the Improvement of Child Caring (CICC)

**Target Parent Group:** all parents

**Age of Children:** 2-12 years

**Number of Sessions:** 10

**Languages:** English only

**Facilitator Training:** available through CICC

**Component for Children:** no

**Stated Goal(s):** To teach effective limit-setting procedures so that parents will not feel victimized by their child's misbehavior, and to teach how to reinforce and increase good behavior in children.

**Example Topics:** parenting skills, time out procedures for misbehavior, managing child behaviors such as fears, tantrums, disobedience

**Cost:** \$194--complete instructor's manual or \$450--instructor's manual and training

**Materials included:** leader's guide, parent guide, transparencies, video, audio cassettes, promotional materials, books, rule cards

**Ordering Address:** Center for the Improvement of Child Caring  
11331 Ventura Blvd., Suite 103  
Studio City, CA 91604

**Phone number:** 818-980-0903 or 1-800-325-2422

**Fax number:** 818-753-1054



## Cooperative Communication Between Home and School

- Author:** Christian Dean
- Producing Organization:** Cornell Family Matters Project
- Target Parent Group:** all parents
- Age of Children:** 5-12 years
- Number of Sessions:** 6
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To strengthen children's school experience by building bridges between families and teachers.
- Example Topics:** communication skills, techniques for effective parent-teacher conferences, conflict resolution
- Cost:** \$49--video, \$23--manual
- Materials included:** leader's guide, teacher in-service session guide, video, fact sheets, poster, handbook, activity cards
- Ordering Address:** Resource Center-FM  
7 Business and Technology Park  
Ithaca, NY 14850-1247
- Phone number:** 607-255-5830
- Fax number:** 607-255-9946
- Additional Comments:** Part of this curriculum is for parents in groups and part is for elementary school teachers which can be used as in-service training.



## **DARE to be You**

- Author:** Jan Miller-Heyl
- Producing Organization:** Colorado State University, Cooperative Extension
- Target Parent Group:** low income, urban, Ute Mountain Ute Indian, Hispanic
- Age of Children:** 2-5 years
- Number of Sessions:** 14-20
- Languages:** English only
- Facilitator Training:** available through CSU
- Component for Children:** yes, forms of this curriculum are available for use with students of all ages in a classroom setting
- Stated Goal(s):** To prevent children from harmful behaviors such as drug, alcohol, and tobacco use, school dropout, depression, and teenage pregnancy.
- Example Topics:** communication, decision-making, responsibility, self-esteem
- Cost:** \$60
- Materials included:** leader's guide, game
- Ordering Address:** Colorado State University  
Cooperative Extension  
136 Aylesworth Hall NW  
Fort Collins, CO 80523
- Phone number:** 303-491-6421
- Additional Comments:** Forms of this curriculum are available for use with students of all ages in a classroom setting.

## **Day One: A Positive Beginning for Parents and Their Infants**

- Author:** New Horizons for Learning
- Producing Organization:** New Horizons for Learning
- Target Parent Group:** all parents
- Age of Children:** 0-1 year
- Number of Sessions:** 1 video, 31 minutes
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To learn basic parenting skills.
- Example Topics:** active and quiet times, infants' short attention spans, when a baby needs changing, food and cuddling
- Cost:** \$225--video, \$25--training manual
- Materials included:** video, training manual
- Ordering Address:** New Horizons for Learning  
P.O. Box 15329  
Seattle, WA 98155
- Phone number:** 206-547-7936

## Defiant Children

**Author:** Russell A. Barkley

**Producing Organization:** not provided

**Target Parent Group:** parents with behavior-disordered children

**Age of Children:** all ages

**Number of Sessions:** 9

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To provide an orderly approach for teaching effective child management.

**Example Topics:** good behavior, positive feedback, managing children in public places

**Cost:** \$29.95, plus \$5.95 per assignment book

**Materials included:** clinicians' manual, assignment book including interview forms, rating scales, and handouts

**Ordering Address:** KIDSRIGHTS  
10100 Park Cedar Drive  
Charlotte, NC 28210

**Phone number:** 1-800-892-KIDS

**Fax number:** 704-541-0113

## Developing Capable People

- Author:** Stephen Glenn
- Producing Organization:** Empowering People Associates
- Target Parent Group:** all parents
- Age of Children:** all ages
- Number of Sessions:** 9
- Languages:** Spanish, English
- Facilitator Training:** available, call 1-800-879-0812
- Component for Children:** no
- Stated Goal(s):** To help adults empower young people.
- Example Topics:** self-reliance, conflict management, self-esteem, responsibility, motivation
- Cost:** \$100--audio version, \$170--video version, plus \$27.85 per participant
- Materials included:** leader's guide, video or audio tapes, participant workbook, books
- Ordering Address:** Empowering People  
P.O. Box B  
Provo, UT 84603
- Phone number:** 1-800-456-7770  
**Fax number:** 801-377-2811
- Additional Comments:** For use with any adult working with children. Also, call toll free for a free catalog/newsletter and informational brochure.

## Discovering Normal

**Author:** Irene R. Bush and Mary E. Lang

**Producing Organization:** Adult Children of Alcoholics Foundation

**Target Parent Group:** adult children of alcoholics

**Age of Children:** all ages

**Number of Sessions:** 6

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To strengthen families and help break the chain of intergenerational alcoholism.

**Example Topics:** parenting skills

**Cost:** \$60

**Materials included:** leader's guide, handouts

**Ordering Address:** Order Department  
Family International, Inc.  
11700 West Lake Park Drive  
Milwaukee, WI 53224

**Phone number:** 1-800-852-1944

## Early Childhood STEP\*

- Author:** Don Dinkmeyer, Sr., et. al
- Producing Organization:** American Guidance Service, Inc.
- Target Parent Group:** all parents
- Age of Children:** 0-5 years
- Number of Sessions:** 7
- Languages:** Spanish, English
- Facilitator Training:** available through AGS
- Component for Children:** no
- Stated Goal(s):** To help parents raise cooperative, responsible, confident children.
- Example Topics:** building child's self-esteem, developing child's positive social skills, fostering cooperation, child development
- Cost:** \$175 plus \$12.50 per parent
- Materials included:** leader's guide, parent handbook, video, poster, publicity packet, discussion questions
- Ordering Address:** American Guidance Service, Inc.  
4201 Woodland Road  
P.O. Box 99  
Circle Pines, MN 55014-1796
- Phone number:** 1-800-328-2560
- Fax number:** 612-786-9077

## Eating Right is Basic (EFNEP)

**Author:** Michigan State Cooperative Extension

**Producing Organization:** Michigan State Cooperative Extension

**Target Parent Group:** low-income parents

**Age of Children:** all ages

**Number of Sessions:** 12-15

**Languages:** English only

**Facilitator Training:** required

**Component for Children:** yes

**Stated Goal(s):** To teach planning for daily food needs, and to select and buy food economically.

**Example Topics:** nutrition information, planning for daily food needs, preparing recipes, preventing foodborne illness, using supplemental food programs

**Cost:** no set cost

**Materials included:** flip chart, handouts, activities

**Ordering Address:** Expanded Food and Nutrition Education Program  
Michigan State University  
202 Wills House  
East Lansing, MI 48824-1050

**Phone number:** 517-353-9102



## Effective Black Parenting

- Author:** Kerby T. Alvy, Ph.D. and Marilyn Marigna MSW
- Producing Organization:** Center for the Improvement of Child Caring (CICC)
- Target Parent Group:** Black parents
- Age of Children:** all ages
- Number of Sessions:** 14
- Languages:** English only
- Facilitator Training:** available through CICC
- Component for Children:** no
- Stated Goal(s):** To help Black parents learn child management skills from within a Black frame of reference.
- Example Topics:** child management skills, preventing childhood drug use, child development, exploring ethnic issues regarding child abuse, African heritage, coping with racism
- Cost:** \$320--complete instructor's manual, \$795--includes instructor's manual and training
- Materials included:** leader's guide, parent guide, promotional materials, transparencies, certificates; also available: books, videos, audio cassettes
- Ordering Address:** Center for the Improvement of Child Caring  
11331 Ventura Blvd., Suite 103  
Studio City, CA 91604
- Phone number:** 818-980-0903  
**Fax number:** 818-753-1054



## Effective Parenting Information For Children (EPIC)\*

- Author:** EPIC and numerous outside consultants
- Producing Organization:** EPIC
- Target Parent Group:** all parents
- Age of Children:** 0-3 years; 6-12 years; adolescents
- Number of Sessions:** EPIC provides 36 workshops in total, but sites generally conduct a series of 6 workshops at any time
- Languages:** Spanish, English
- Facilitator Training:** required through EPIC
- Component for Children:** school component available for use with students
- Stated Goal(s):** To help adults help children to develop strong self-esteem, problem solving skills, and respect for rules, rights, and responsibilities.
- Example Topics:** communication skills, fostering self-esteem, talking about sex, helping children succeed in school
- Cost:** EPIC provides on-site training across the U.S. and off-site training in certain areas. Call for cost information.
- Materials included:** leader's guide, parent guide, activities
- Ordering Address:** State University College at Buffalo  
1300 Elmwood Avenue  
Cassety Hall, Room 340  
Buffalo, NY 14222
- Phone number:** 716-886-6396  
**Fax number:** 716-886-0221
- Additional Comments:** EPIC can provide technical assistance in both grant writing and grant sources for the use of this program.

## Empowering Parents of Teens

- Author:** Jane Nelsen, Lynn Lott, et. al.
- Producing Organization:** Iowa State University Extension
- Target Parent Group:** all parents
- Age of Children:** adolescents
- Number of Sessions:** 6
- Languages:** English only
- Facilitator Training:** available
- Component for Children:** no
- Stated Goal(s):** To help parents improve their relationships with their teenagers.
- Example Topics:** dignity and mutual respect, letting go, long-range versus short-range parenting, Helping Family Problem-Solving Process, addressing chores and responsibilities
- Cost:** \$90
- Materials included:** leader's guide, information on using Helping Family Problem-Solving Process, book *Positive Discipline for Teenagers*
- Ordering Address:** Empowering People  
P.O. Box B  
Provo, UT 84603
- Phone number:** 1-800-456-7770  
**Fax number:** 801-377-2811

## Families First Parenting Programs

**Author:** Braun, Litman, Sonnenschein et al.

**Producing Organization:** Families First

**Target Parent Group:** all parents

**Age of Children:** all ages

**Number of Sessions:** varies

**Languages:** English only

**Facilitator Training:** required through Families First

**Component for Children:** no

**Stated Goal(s):** To promote healthy and satisfying parent-child relationships.

**Example Topics:** positive approaches to discipline, fostering self-esteem, talking, listening, and problem-solving, parenting preschoolers, being a single parent

**Cost:** varies

**Materials included:** work sheets, handouts, charts

**Ordering Address:** Families First  
99 Bishop Allen Drive  
Cambridge, MA 02139

**Phone number:** 617-868-7687

**Additional Comments:** Other topics are available in single session formats, and curricula are available to other parent educators / agencies as part of a total training package.

## Families Together\*

- Author:** Susan Janko and Casandra Firman
- Producing Organization:** The Relief Nursery
- Target Parent Group:** abuse and neglect suspected or substantiated
- Age of Children:** all ages
- Number of Sessions:** varies
- Languages:** Spanish, English
- Facilitator Training:** available
- Component for Children:** yes, families get together for a meal and activities ("LABS")
- Stated Goal(s):** To prevent child abuse/neglect and to increase healthy family functioning to make reunification possible if children have been removed from the home.
- Example Topics:** behavior management, child development, health, safety, nutrition, problem-solving
- Cost:** production and shipping fees
- Materials included:** leader's guide, parent handbook
- Ordering Address:** Oregon Department of Human Resources  
Children's Services Division, Family Based Services Section  
500 Summer Street NE  
Salem, OR 97310-1017  
OR:  
Relief Nursery Inc.  
1720 West 25th Avenue  
Eugene, OR 97405
- Phone number:** 503-945-6614 or 503-343-9706  
**Fax number:** 503-581-6198 or 053-683-3748
- Additional Comments:** Has a home visiting component, in addition to classroom setting.

## Family Dynamics

**Author:** James Satterwhite, et. al.

**Producing Organization:** Family Dynamics

**Target Parent Group:** high-risk, low-income parents

**Age of Children:** 0-5 years

**Number of Sessions:** 10

**Languages:** Spanish, English

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To prevent child abuse and neglect by educating parents about ways to nurture their children, develop effective communication, use appropriate discipline, and strengthen the family unit.

**Example Topics:** child development, effective listening, positive reinforcement, problem-solving, discipline, limit-setting, dealing with anger

**Cost:** \$125

**Materials included:** leader's guide, handouts, homework

**Ordering Address:** Family Dynamics  
154 Christopher Street, Suite 2A  
New York City, NY 10014

**Phone number:** 212-255-8484

**Fax number:** 212-255-8785

## **Family Focus: Parenting the Young Child\***

- Author:** University of New Hampshire Cooperative Extension
- Producing Organization:** University of New Hampshire Cooperative Extension
- Target Parent Group:** all parents
- Age of Children:** 0-5
- Number of Sessions:** flexible
- Languages:** English
- Facilitator Training:** available but not required
- Component for Children:** no
- Stated Goal(s):** Objectives correspond to each unit of the curriculum.
- Example Topics:** child growth and development, responsive discipline, developing self-esteem in children, communication, managing stress
- Cost:** \$30
- Materials included:** facilitator manual containing lesson guide, handouts, publications
- Ordering Address:** Mary W. Temke, Ph.D.  
UNH Cooperative Extension  
214C Pettee Hall  
55 College Road  
Durham, NH 03824-3599
- Phone number:** 603-862-2493  
**Fax number:** 603-862-3271



## Fathering

<b>Author:</b>	not provided
<b>Producing Organization:</b>	Minnesota State Department of Education
<b>Target Parent Group:</b>	fathers
<b>Age of Children:</b>	young children
<b>Number of Sessions:</b>	6
<b>Languages:</b>	English only
<b>Facilitator Training:</b>	not available
<b>Component for Children:</b>	no
<b>Stated Goal(s):</b>	To help fathers learn nurturing and other skills needed to raise young children.
<b>Example Topics:</b>	relationship building, playing with your child, communication, discipline, punishment
<b>Cost:</b>	\$29.95
<b>Materials included:</b>	leader's guide, handouts
<b>Ordering Address:</b>	KIDSRIGHTS 10100 Park Cedar Drive Charlotte, NC 28210
<b>Phone number:</b>	1-800-892-KIDS
<b>Fax number:</b>	704-541-0113
<b>Additional Comments:</b>	Can be used in individual or group counseling.

## Growing Together

<b>Author:</b>	not provided
<b>Producing Organization:</b>	not provided
<b>Target Parent Group:</b>	all parents
<b>Age of Children:</b>	0-6 months
<b>Number of Sessions:</b>	6
<b>Languages:</b>	English only
<b>Facilitator Training:</b>	not available
<b>Component for Children:</b>	no
<b>Stated Goal(s):</b>	To promote social and emotional well-being through play activities and positive relationships with family and friends.
<b>Example Topics:</b>	parents' and babies' self-esteem, infant safety, nutrition and health, physical and emotional development of infants
<b>Cost:</b>	\$249.95
<b>Materials included:</b>	video series, leader's manual, support materials
<b>Ordering Address:</b>	American Guidance Service, Inc. 4201 Woodland Road, P.O. Box 99 Circle Pines, MN 55014-1796
<b>Phone number:</b>	1-800-328-2560
<b>Fax number:</b>	612-786-9077



## Growing Up Again: Helping Ourselves, Helping Our Children

**Author:** Jean Illsley Clarke and Early Childhood Telecommunications Project (ECTP)

**Producing Organization:** ECTP

**Target Parent Group:** parents raised in dysfunctional homes

**Age of Children:** all ages

**Number of Sessions:** not divided into sessions--4 videos, 30 minutes each

**Languages:** English, Sign-Language, French

**Facilitator Training:** available

**Component for Children:** no

**Stated Goal(s):** To help parents raised in dysfunctional homes learn good parenting techniques.

**Example Topics:** child development, safety, relationship building, safe ways to grow, the use of rules, love

**Cost:** \$150 plus 15% for tax, shipping and handling

**Materials included:** 4 videos, leader's guide

**Ordering Address:** ECTP Miller Hall 304  
College of Education  
University of Washington, DQ-12  
Seattle, WA 98195

**Phone number:** 206-543-9414

**Fax number:** 206-543-8439

## Guiding Young Children Series

- Author:** Betsy Schenck
- Producing Organization:** Oklahoma Cooperative Extension Service
- Target Parent Group:** all parents
- Age of Children:** 1-8 years
- Number of Sessions:** 6
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To teach parents how to discipline their children.
- Example Topics:** why children misbehave, how to prevent and respond to misbehavior, self-control
- Cost:** \$.10--fact sheets
- Materials included:** fact sheets, please call for additional materials
- Ordering Address:** Elaine Wilson, Parenting Specialist  
333 Human Environmental Sciences  
Oklahoma State University  
Stillwater, OK 74078-0337
- Phone number:** 405-744-6231
- Fax number:** 405-744-7113
- Additional Comments:** It is possible to borrow or purchase items.

## Handling Anger Within the Family

**Author:** not provided

**Producing Organization:** Minnesota State Department of Education

**Target Parent Group:** all parents

**Age of Children:** all ages

**Number of Sessions:** 8

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To help parents accept and manage their anger more effectively.

**Example Topics:** positive anger management skills, preventing negative ways of coping with anger

**Cost:** \$19.95

**Materials included:** facilitator binder, activities, handouts

**Ordering Address:** KIDSRIGHTS  
10100 Park Cedar Drive  
Charlotte, NC 28210

**Phone number:** 1-800-892-KIDS

**Fax number:** 704-541-0113

## Healthy Start-Prenatal Curriculum

- Author:** Hawaii Department of Health-Prenatal Curriculum
- Producing Organization:** Hawaii Department of Health
- Target Parent Group:** Parents at risk for child abuse or neglect
- Age of Children:** not applicable
- Number of Sessions:** 10
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To relay important family planning and prenatal care information to at-risk families.
- Example Topics:** Fetal and maternal growth, breast feeding, nutrition, father's role, substance abuse and fetal development, labor/birth, post-partum changes, well baby care
- Cost:** \$40 each
- Materials included:** information not provided
- Ordering Address:** Gladys Wong  
Community of Family Support Services/Healthy Start  
1600 Kapiolani Boulevard, Suite 600  
Honolulu, HI 96814
- Phone number:** 808-946-4771
- Fax number:** 808-946-2160
- Additional Comments:** This is a prenatal curriculum.

## How to Talk so Kids Will Listen and Listen so Kids Will Talk\*

**Author:** Adele Faber and Elaine Mazlish

**Producing Organization:** Negotiation Institute, Inc. and Kentucky Educational Television

**Target Parent Group:** all parents

**Age of Children:** all ages

**Number of Sessions:** 6

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To help parents communicate more effectively with children.

**Example Topics:** helping children deal with their feelings, discipline, praise, engaging cooperation

**Cost:** \$99--audio or \$190--video, plus \$26-35 per parent

**Materials included:** video or audio cassettes, leader's guide, parent workbook, books, exercises, puzzle, pocket cards

**Ordering Address:** Negotiation Institute, Inc.  
341 Madison Avenue, 20th Floor  
New York City, NY 10017-3705

**Phone number:** 1-800-747-8802

## Hugs 'n' Kids\*

- Author:** San Fernando Valley Child Guidance Clinic
- Producing Organization:** San Fernando Valley Child Guidance Clinic
- Target Parent Group:** high risk parents
- Age of Children:** 4-5 years
- Number of Sessions:** flexible
- Languages:** Spanish, English
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To teach parents how to deal with problem situations.
- Example Topics:** presents different problem situations such as: baby crying; sibling rivalry; acting out in public; toilet training; cleaning up; hitting mom.
- Cost:** \$195
- Materials included:** video, leader's discussion guide
- Ordering Address:** Guilford Publications  
72 Spring Street  
New York, NY 10012
- Phone number:** 1-800-365-7006  
**Fax number:** 212-966-6708

## Infant Toddler Training Curriculum

**Author:** Connie DeBord-Prickett, MSW, Judy Waters, MEd, Michelle Pietsch, BA

**Producing Organization:** Maternal Child Health Branch of the Hawaii Department of Health in conjunction with Maui Family Support Services

**Target Parent Group:** Parents at risk for child abuse and neglect

**Age of Children:** 0-2 years

**Number of Sessions:** 15

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** The promotion of optimal child growth and development and parent child interactions with their families. Primary prevention of child abuse and neglect.

**Example Topics:** teaching moms and dads to teach, behavior/temperament/abilities, bonding/interactions, physical and cognitive development

**Cost:** \$65

**Materials included:** Comprehensive infant/toddler training curriculum

**Ordering Address:** Gladys Wong  
Community and Family Support Services/Healthy Start  
1600 Kapiolani Boulevard, Suite 600  
Honolulu, HI 96814

**Phone number:** 808-946-4771



## **It Takes a Village to Raise a Child\***

**Author:** Margie Henderson and Jeanne Martin

**Producing Organization:** The Medical Foundation and Mount Auburn Hospital Prevention Center

**Target Parent Group:** all parents

**Age of Children:** 9-12 years

**Number of Sessions:** 11

**Languages:** Spanish, English

**Facilitator Training:** special training required through MA Prevention Centers

**Component for Children:** no

**Stated Goal(s):** To help parents help their children stay free of alcohol and other drugs, as well as to prevent HIV/AIDS, and teen pregnancy.

**Example Topics:** communication skills, self-esteem, stress management, how to identify a drug problem, information about drugs, sex, and HIV, talking to kids about drugs, alcohol, HIV/AIDS, and sexuality

**Cost:** not provided

**Materials included:** leader's manual

**Ordering Address:** Prevention Support Services  
The Medical Foundation  
95 Berkeley Street  
Boston, MA 02116

**Phone number:** 617-451-0049

**Fax number:** 617-451-0062

## Let's Work It Out\*

**Author:** not provided

**Producing Organization:** Project BEST-PAL at Brevard Community College in Florida

**Target Parent Group:** parents with few literacy skills

**Age of Children:** all ages

**Number of Sessions:** 8

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To teach parenting skills while teaching adult literacy.

**Example Topics:** reading skills, communication skills, discipline techniques, problem solving, coping with school and teachers, talking about sex, nurturing

**Cost:** \$6.50--teacher's guide, \$14.25 per set of 8 books

**Materials included:** leader's guide, parent workbooks

**Ordering Address:** New Readers Press  
1320 Jamesville Avenue, Box 880  
Syracuse, NY 13210

**Phone number:** 1-800-448-8878

**Fax number:** 315-422-5561

<p><b>Listening to Children, Listening Partnerships for Parents, Leading a Parent Resource Group*</b></p>
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**Author:** Patty Wipfler

**Producing Organization:** Parents Leadership Institute

**Target Parent Group:** all parents

**Age of Children:** all ages

**Number of Sessions:** 6

**Languages:** Spanish, English

**Facilitator Training:** none

**Component for Children:** no

**Stated Goal(s):** To teach parents to respect the child, set up "special time", and listen to a child's feelings

**Example Topics:** special time, play listening, crying, tantrums, indignation, healing children's fears, reaching angry children

**Cost:** \$7 per set - *Listening to Children*, \$3 - *Listening Partnership for Parents*, \$3 - *Lead a Parent Resource Group*, plus shipping and handling

**Materials included:** 2 booklets, plus 6 pamphlet set

**Ordering Address:** Parents Leadership Institute  
P.O. Box 50492  
Palo Alto, CA 94303

**Phone number:** 415-424-8687

**Additional Comments:** Special bulk prices available.

## Los Ninos Bien Educados

**Author:** Dr. Lupita Montoya Tannatt and Dr. Kerby T. Alvy

**Producing Organization:** Center for the Improvement of Child Caring (CICC)

**Target Parent Group:** Hispanic

**Age of Children:** 18 months to 12 years

**Number of Sessions:** 12

**Languages:** Spanish, English

**Facilitator Training:** required through CICC

**Component for Children:** no

**Stated Goal(s):** To help parents understand child development and proper parental behavior to guide their children to be well-behaved in a social and personal sense as well as educated in an academic sense.

**Example Topics:** promoting and maintaining good child behaviors, child development, information about child abuse and child abuse laws

**Cost:** \$362--complete instructor's manual, \$795--includes manual and training

**Materials included:** leader's guide, transparencies, flyers, parent handbook, certificates; also available: pamphlets, books, videos, audio cassettes

**Ordering Address:** Center for the Improvement of Child Caring  
11331 Ventura Blvd., Suite 103  
Studio City, CA 91604-3147

**Phone number:** 818-980-0903

**Fax number:** 818-753-1054

## MegaSkills Workshops for Parent Involvement Leader Training

- Author:** Dr. Dorothy Rich
- Producing Organization:** MegaSkills Education Center and the Home and School Institute, Inc.
- Target Parent Group:** at-risk, Chapter I parents
- Age of Children:** school age
- Number of Sessions:** 10
- Languages:** Spanish, English
- Facilitator Training:** required through Home & School Institute
- Component for Children:** no
- Stated Goal(s):** To enhance the achievement of students through involving families in their education.
- Example Topics:** teaching children confidence, motivation, effort, responsibility, initiative, perseverance, caring, teamwork, common sense, and problem solving.
- Cost:** ranges from \$225 to \$510, includes training and curriculum
- Materials included:** leader's guide, training, reproducible handouts, book, activities
- Ordering Address:** Home and School Institute, Inc.  
1500 Massachusetts Avenue, NW  
Washington, D.C. 20005
- Phone number:** 202-466-3633
- Additional Comments:** MegaSkills has also developed a classroom program.

## MOTHEREAD

**Author:** not provided

**Producing Organization:** Motherread, Inc.

**Target Parent Group:** all parents

**Age of Children:** 4-12 years

**Number of Sessions:** flexible

**Languages:** English only

**Facilitator Training:** required Motherread Training Institute required

**Component for Children:** yes

**Stated Goal(s):** To combine the teaching of literacy skills with child development and family empowerment issues.

**Example Topics:** child development, family empowerment issues, the need for cooperation and sharing, family as a powerful force for nurturing and strength

**Cost:** not provided

**Materials included:** not provided

**Ordering Address:** Susan Poorman  
Bldg. 3, Suite 246  
4208 Six Forks Road  
Raleigh, NC 27609

**Phone number:** 919-781-2088

**Fax number:** 919-571-8579

**Additional Comments:** Curriculum is based on multicultural children's literature. The Motherread curriculum is available only through a thirty-hour learner-centered, experiential training process where participants learn how to make Motherread part of their existing programming.



## New and Improved Kids

- Author:** Arnold Shapiro
- Producing Organization:** Arnold Shapiro Productions, Inc.
- Target Parent Group:** all parents
- Age of Children:** younger children
- Number of Sessions:** 1 video
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To gear parents towards raising good children.
- Example Topics:** morality, values, self-esteem
- Cost:** \$195
- Materials included:** one video, although it can be bought as part of the "Raising Good Kids in Bad Times" series
- Ordering Address:** Aims Media  
9710 DeSoto Avenue  
Chatsworth, CA 91311
- Phone number:** 818-773-4300  
**Fax number:** 818-341-6700

## Nurturing Program for Foster and Adoptive Families

**Author:** Stephen J. Bavolek, Ph.D., et. al.

**Producing Organization:** Family Development Resources, Inc.

**Target Parent Group:** foster and adoptive parents

**Age of Children:** all ages

**Number of Sessions:** 12, 2.5 hours each

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** yes, partly concurrent and partly joined sessions

**Stated Goal(s):** To increase nurturing parenting skills of foster and adoptive parents; to screen potentially inappropriate foster care placements and adoptive homes.

**Example Topics:** nurturing skills, awareness of why they want to become foster/adoptive parents, integrating foster/adoptive children into family, dealing with attachment, detachment, loss and separation issues

**Cost:** \$1311, plus shipping and handling

**Materials included:** implementation manual, activities manuals for parents, children and adolescents, parent handbook, adolescent handbook, nurturing book, audio/visual, games, certificates, assessment tools

**Ordering Address:** Family Development Resources, Inc.  
3160 Pinebrook Road  
Park City, UT 84060

**Phone number:** 1-800-688-5822

**Fax number:** 801-649-9599

## Nurturing Program for Parents and Adolescents

- Author:** Stephen J. Bavolek, Ph.D.
- Producing Organization:** Family Development Resources, Inc.
- Target Parent Group:** at-risk or substantiated abuse and neglect
- Age of Children:** 12-19 years
- Number of Sessions:** group based--20, 2.5 hours each, home based--40, 1.5 hours
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** yes, partly concurrent and partly joined sessions
- Stated Goal(s):** To enhance family nurturing and communication.
- Example Topics:** nurturing skills, self-awareness, empathy, communication skills
- Cost:** \$866.88, plus shipping and handling
- Materials included:** implementation manual, activities manuals for parents and adolescents, parent handbook, adolescent handbook, audio/visual, certificates, assessment tools, games
- Ordering Address:** Family Development Resources, Inc.  
3160 Pinebrook Road  
Park City, UT 84060
- Phone number:** 1-800-688-5822  
**Fax number:** 801-649-9599

## **Nurturing Program for Parents and Children 4-12 Years\***

**Author:** Stephen J. Bavolek, Ph.D. and Christine M. Comstock

**Producing Organization:** Family Development Resources, Inc.

**Target Parent Group:** at-risk or substantiated abuse and neglect

**Age of Children:** 4-12 years

**Number of Sessions:** 15, 2.5 hours each

**Languages:** Spanish, English

**Facilitator Training:** not available

**Component for Children:** yes, partly concurrent and partly joined sessions

**Stated Goal(s):** To prevent and treat child abuse and neglect by promoting and building nurturing skills in families.

**Example Topics:** nurturing parenting skills, alternatives to spanking, praise, family rules, stress management, communication

**Cost:** \$887.77 entire package, plus shipping and handling

**Materials included:** implementation manual, activities manuals for parents and children, parent handbook, games, drawings, charts, audio/visual, certificates, assessment tools, instruction aids, evaluation forms

**Ordering Address:** Family Development Resources, Inc.  
3160 Pinebrook Road  
Park City, UT 84060

**Phone number:** 1-800-688-5822

**Fax number:** 801-649-9599

## **Nurturing Program for Parents and Children Birth to Five Years\***

- Author:** Stephen J. Bavolek, Ph.D. and Juliana Dellinger-Bavolek, MSE
- Producing Organization:** Family Development Resources, Inc.
- Target Parent Group:** at-risk or substantiated abuse and neglect
- Age of Children:** 0-5 years
- Number of Sessions:** group based--23, 2.5 hours each, home based--45, 1.5 hours each
- Languages:** Spanish, English
- Facilitator Training:** not available
- Component for Children:** yes, partly concurrent and partly joined sessions
- Stated Goal(s):** To prevent and treat child abuse and neglect by promoting and building nurturing skills in families.
- Example Topics:** nurturing parenting skills, infant/child massage, hurting and gentle touch, redirection, self-expression, toilet training
- Cost:** \$1381.30, plus shipping and handling
- Materials included:** implementation manual, parent handbook, audio/visual, parent handbooks, games, activity manuals for parents, coloring books, dolls, pictures, assessment tools, certificates
- Ordering Address:** Family Development Resources, Inc.  
3160 Pinebrook Road  
Park City, UT 84060
- Phone number:** 1-800-688-5822  
**Fax number:** 801-649-9599

## **Nurturing Program for Parents with Special Learning Needs & Their Children**

**Author:** Stephen J. Bavolek, Ph.D., et. al.

**Producing Organization:** Family Development Resources, Inc.

**Target Parent Group:** parents with mild-moderate learning disabilities, emotional problems, intellectual handicaps, and ESL or non-reading parents

**Age of Children:** 0-7 years

**Number of Sessions:** 31, 2 hours each

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** yes, partly concurrent and partly joined sessions

**Stated Goal(s):** To help parents with mild to moderate developmental disabilities learn to nurture themselves and their children.

**Example Topics:** nurturing parenting skills, self-nurturing skills, praise, discipline, anger, hygiene, personal power, communication

**Cost:** \$895.85, plus shipping and handling

**Materials included:** implementation manual, activities manual for parents, nurturing book for babies and children, games, assessment tools, certificates, videos

**Ordering Address:** Family Development Resources, Inc.  
3160 Pinebrook Road  
Park City, UT 84060

**Phone number:** 1-800-688-5822

**Fax number:** 801-649-9599



## Nurturing Program for Prenatal Families

- Author:** Juliana Dellinger-Bavolek, MSE and Barbara Naki, RN, MA
- Producing Organization:** Family Development Resources, Inc.
- Target Parent Group:** all parents, especially pregnant and at-risk for child abuse and neglect
- Age of Children:** prenatal
- Number of Sessions:** 9
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To prevent child maltreatment and promote nurturing parenting skills and establish nurturing routines.
- Example Topics:** preparation for parenthood, enhancing parent-infant bond, nurturing touch, alternatives to spanking, infant development, prenatal health, infant massage
- Cost:** \$440.70, plus shipping and handling
- Materials included:** parents activities manual, parent handbook, NBBC, nurturing touch handbooks, assessment materials, videos, certificates
- Ordering Address:** Family Development Resources, Inc.  
3160 Pinebrook Road  
Park City, UT 84060
- Phone number:** 1-800-688-5822  
**Fax number:** 801-649-9599

## **Nurturing Program for Teenage Parents and Their Families\***

**Author:** Stephen J. Bavolek, Ph.D. and Juliana Dellinger-Bavolek, MSE

**Producing Organization:** Family Development Resources, Inc.

**Target Parent Group:** teen parents and their parents (child's grandparents)

**Age of Children:** 0-5 years

**Number of Sessions:** group based--20, 2.5 hours each, home based--40, 1.5 hours each

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** yes, partly concurrent and partly joined sessions

**Stated Goal(s):** To teach teen parents nurturing parenting routines to help their children build self-esteem; to help teen parents build their own positive self-esteem and self-concept.

**Example Topics:** nurturing parenting skills, infant massage, alternatives to spanking, handling stress and anger, rules and rewards, peer pressure, hopes and fears

**Cost:** \$1280.12 for entire package, plus shipping and handling

**Materials included:** implementation manual, activities manual, parent handbook, nurturing book, audio/visual, certificate, assessment materials, games, instructional aids

**Ordering Address:** Family Development Resources, Inc.  
3160 Pinebrook Road  
Park City, UT 84060

**Phone number:** 1-800-688-5822

**Fax number:** 801-649-9599

## Our Sacred Gifts

<b>Author:</b>	Lenore Franzen and Phyllis White Shield Gough
<b>Producing Organization:</b>	Minnesota Indian Women's Resource Center
<b>Target Parent Group:</b>	Indian Parents with limited reading skills, especially those with chemical dependence
<b>Age of Children:</b>	all ages
<b>Number of Sessions:</b>	4 units, several lessons per unit
<b>Languages:</b>	English only
<b>Facilitator Training:</b>	not available
<b>Component for Children:</b>	no
<b>Stated Goal(s):</b>	To prepare for parenthood.
<b>Example Topics:</b>	child development (fetal to 24 months), traditional cultural perspective
<b>Cost:</b>	\$50
<b>Materials included:</b>	training manual, 4 flip charts
<b>Ordering Address:</b>	Indian Women's Resource Center 2110 Nicollet Avenue South Minneapolis, MN 55404
<b>Phone number:</b>	612-728-2000
<b>Fax number:</b>	612-728-2039

## Parent-Caregiver Partnerships

**Author:** Christian Dean

**Producing Organization:** Cornell Cooperative Extension

**Target Parent Group:** all parents

**Age of Children:** preschool

**Number of Sessions:** 5

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To improve relationships between parents and child-care givers.

**Example Topics:** communication skills, conflict resolution

**Cost:** \$25.50

**Materials included:** leader's manual, handouts, booklets

**Ordering Address:** Resource Center  
Cornell University  
7 Business and Technology Park  
Ithaca, NY 14850-1247

**Phone number:** 607-255-2080

**Fax number:** 607-255-9946

**Additional Comments:** Designed for use with both parents and child caregivers.

## Parent Effectiveness Training (PET)

<b>Author:</b>	Dr. Thomas Gordon
<b>Producing Organization:</b>	Effectiveness Training, Inc.
<b>Target Parent Group:</b>	all parents
<b>Age of Children:</b>	all ages
<b>Number of Sessions:</b>	n/a
<b>Languages:</b>	Spanish, English
<b>Facilitator Training:</b>	required through Effectiveness Training, Inc.
<b>Component for Children:</b>	no
<b>Stated Goal(s):</b>	To teach parents how to raise their children in a democratic environment using the communication skills of Active Listening, I-messages, and the No-Lose Conflict Resolution Method to solve family conflicts.
<b>Example Topics:</b>	communication skills, listening skills, problem-solving, rule-setting, win-win conflict resolution
<b>Cost:</b>	\$695 including training
<b>Materials included:</b>	not provided
<b>Ordering Address:</b>	Effectiveness Training, Inc. 531 Stevens Avenue Solana Beach, CA 92075-2093
<b>Phone number:</b>	1-800-628-1197
<b>Fax number:</b>	619-481-8125
<b>Additional Comments:</b>	Has also been translated into 15 different languages in several other countries.

## **Parent Making: A Practical Handbook for Teaching Parent Classes About Babies and Toddlers\***

**Author:** B. Annye Rothenberg, Ph.D., et. al.

**Producing Organization:** Child Rearing Education and Counseling Program at Children's Health Council in Palo Alto, CA

**Target Parent Group:** all parents

**Age of Children:** 0-3 ages

**Number of Sessions:** varies

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no (includes a playcare program for children and student caregivers)

**Stated Goal(s):** To help parents learn about and deal with the early years of their child's life, understand child behavior and development, and to help the development of the parent as well as the child.

**Example Topics:** child development, nutrition, play, adjusting to parenting, limit setting, toilet training, health, safety

**Cost:** \$25.95

**Materials included:** book includes: very detailed leader's guide, homework sheets, handouts, resource lists

**Ordering Address:** The Banster Press  
P.O. Box 7326  
Menlo Park, CA 94026

**Phone number:** 415-369-8032

**Fax number:** 415-688-3697

**Additional Comments:** This book can also be ordered through bookstores. A comprehensive curriculum is also available to train parent educators in how to lead parent groups.



## Parent to Parent, Parenting for Safe and Drugfree Youth

- Author:** Bill Oliver
- Producing Organization:** PRIDE Parent Training
- Target Parent Group:** comes in three versions: Anglo-American, African-American, Hispanic-American
- Age of Children:** all ages
- Number of Sessions:** 8
- Languages:** Spanish, English
- Facilitator Training:** special training required through PRIDE
- Component for Children:** yes
- Stated Goal(s):** To activate and empower parents to anticipate and counter the destructive influences of the Drug Culture in the lives of their own children.
- Example Topics:** dealing with issues such as sexuality, violence, drugs, and personal values
- Cost:** \$35 per parent
- Materials included:** leader's guide, video, brochures, audio cassettes, parent workbook, self study kits, success manual
- Ordering Address:** PRIDE Parent Training  
1240 Johnson Ferry Place, Suite F10  
Marietta, GA 30068
- Phone number:** 1-800-487-7743  
**Fax number:** 404-565-4749

## Parenting Curriculum for Language Minority Parents\*

**Author:** Grace Holt

**Producing Organization:** Cross Cultural Resource Center

**Target Parent Group:** parents with limited English

**Age of Children:** all ages

**Number of Sessions:** flexible

**Languages:** English, Chinese, Hmong, Khmer, Korean, Lao, Spanish, Vietnamese

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To teach English as a second language along with parenting skills.

**Example Topics:** parenting skills, math, nutrition, health, safety, citizenship, helping with homework, English as a Second Language

**Cost:** \$25 plus \$18 per language guide

**Materials included:** teacher's guide, parent guide, activities, games, songs, visual aids

**Ordering Address:** Cross Cultural Resource Center  
California State University  
6000 J Street, TJJ, Room 12  
Sacramento, CA 95819

**Phone number:** 916-278-3708

**Fax number:** 916-278-4980

## Parenting Plus

- Author:** Rebekah Dorman, Ph.D. et al
- Producing Organization:** The Guidance Centers
- Target Parent Group:** all parents: designed for high stress/low-income parents; versions for parents of children with: Attention Deficit Hyperactivity Disorder; Oppositional Defiant Disorder; Mentally Retarded/Developmentally Disabled; and for battered mothers, migrant farm worker parents, and parents who are homeless
- Age of Children:** 1-12 years
- Number of Sessions:** 10
- Languages:** Spanish, English
- Facilitator Training:** not necessary
- Component for Children:** only available for migrant farm worker and domestic violence programs
- Stated Goal(s):** To help parents learn effective and empowering ways to cope with stress and their children's behavior. To help parents gain control over all aspects of their lives that influence parenting.
- Example Topics:** problem solving, relaxation, positive self statements, coping with stress, managing anger, positive attention for children, giving clear directions, giving choices, improving social supports, time out, rules and consequences, helping children learn self-control
- Cost:** approximately \$50 (depending on specific materials requested)
- Materials included:** implementation guide, curriculum, training video for facilitator
- Ordering Address:** Parenting Plus  
Research and Training Department, The Guidance Centers  
2525 East 22nd Street  
Cleveland, OH 44115
- Phone number:** 216-696-5800 Dr.Rebekah Dorman  
**Fax number:** 216-696-6592

## Parenting Renewal

**Author:** Emily Wiggins

**Producing Organization:** Clemson Extension Service

**Target Parent Group:** all parents

**Age of Children:** infancy, preschool, grade school

**Number of Sessions:** flexible

**Languages:** English

**Facilitator Training:** available, contact local county extension service

**Component for Children:** no

**Stated Goal(s):** To empower parents to become more effective with their children.

**Example Topics:** discipline, self-esteem, communication, nutrition, stress

**Cost:** \$30 per notebook

**Materials included:** notebooks containing leaders guides, lessons, supplemental materials

**Ordering Address:** Cooperative Extension Service  
Bulletin Room, Poole Ag. Center  
Clemson University  
Clemson, SC 29634-0311

**Phone number:** 803-656-5721

**Fax number:** 803-656-5723

## Parenting Skills

- Author:** Richard R. Abidin, Ed.D.
- Producing Organization:** not provided
- Target Parent Group:** all parents
- Age of Children:** all ages
- Number of Sessions:** 19
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To provide an opportunity for parents to learn and practice basic child-rearing skills.
- Example Topics:** relationships, images, discipline, sharing, coping with emotions
- Cost:** \$29.95 per trainer's manual, \$25.95 per parent workbook
- Materials included:** leader's guide, parent workbook
- Ordering Address:** KIDSRIGHTS  
10100 Park Cedar Drive  
Charlotte, NC 28210
- Phone number:** 1-800-892-KIDS
- Fax number:** 704-541-0113

## Parenting Under Stress

**Author:** David Mathews, MA LGSW, Linda Matter, MA, and Mary Montgomery, ACSW LICSW

**Producing Organization:** not provided

**Target Parent Group:** parents experiencing life stresses such as divorce or chemical dependency

**Age of Children:** all ages

**Number of Sessions:** 12

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To provide support and education to mothers and fathers who are experiencing special life stresses that affect their parenting.

**Example Topics:** dealing with stresses such as separation or divorce, chemical dependency, family violence, single parenting, blended families, financial stress, and information on child abuse and neglect

**Cost:** \$39.95

**Materials included:** leader's guide

**Ordering Address:** KIDSRIGHTS  
10100 Park Cedar Drive  
Charlotte, NC 28210

**Phone number:** 1-800-892-KIDS

**Fax number:** 704-541-0113



## Parents Show You Care

- Author:** Billie H. Frazier, Ph.D.
- Producing Organization:** University of Maryland Cooperative Extension Service
- Target Parent Group:** parents with second to fifth grade reading levels
- Age of Children:** young children and preteens
- Number of Sessions:** 7 topics
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To empower parents to do things for and with their young children.
- Example Topics:** showing love, having fun, building trust, raising "can-do" children, helping children like themselves, and teaching children to behave
- Cost:** one set free, additional sets \$1.40 plus postage
- Materials included:** several leaflets, including educator's guide
- Ordering Address:** Steve Rothman, Manager  
Duplicating Services  
6200 Sheridan Street  
Riverdale, MD 20737
- Phone number:** 301-403-4264  
**Fax number:** 301-403-8106

## Positive Discipline

**Author:** Jane Nelsen

**Producing Organization:** Empowering People Associates

**Target Parent Group:** all parents

**Age of Children:** all ages

**Number of Sessions:** flexible

**Languages:** English only

**Facilitator Training:** available, call 1-800-879-0812

**Component for Children:** no

**Stated Goal(s):** To teach parents to help their children learn self-discipline, confidence, responsibility, problem solving, cooperation, and interest in others.

**Example Topics:** alternatives to punishment, problem-solving

**Cost:** \$49.95

**Materials included:** video, study guide

**Ordering Address:** Empowering People  
P.O. Box B  
Provo, UT 84603

**Phone number:** 1-800-456-7770

**Fax number:** 801-377-2811

## Practical Parent Education

- Author:** Texas Association of School Boards
- Producing Organization:** Texas Association of School Boards
- Target Parent Group:** all parents
- Age of Children:** 0-18 years
- Number of Sessions:** 30
- Languages:** Spanish, English
- Facilitator Training:** required through PPE
- Component for Children:** no
- Stated Goal(s):** To help parents rear responsible, self-confident, mentally healthy children who can function to the best of their abilities; to provide parents with a supportive network.
- Example Topics:** discipline, self-esteem, communication, developing trust
- Cost:** \$2000--first year; \$600 per year after initial year
- Materials included:** leader's guide, activities, handouts
- Ordering Address:** Texas Association of School Boards  
P.O. Box 400  
Austin, TX 78767-0400
- Phone number:** 1-800-580-8272
- Additional Comments:** Designed for school systems, not individual parent educators. Must buy a year's subscription which includes training and materials.

## **Raising Young Children in Troubled Times**

**Author:** Los Angeles Unified School District

**Producing Organization:** American Guidance Service, Inc.

**Target Parent Group:** all parents

**Age of Children:** 6-18 years

**Number of Sessions:** 15

**Languages:** Spanish, English

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To help parents deal with tough issues facing families today.

**Example Topics:** sex, drugs, studying, parties, peer pressure, dating

**Cost:** \$449

**Materials included:** 15 videos, 15 teacher's/leader's guides

**Ordering Address:** American Guidance Service, Inc.  
4201 Woodland Road, P.O. Box 99  
Circle Pines, MN 55014-1796

**Phone number:** 1-800-328-2560

**Fax number:** 612-786-9077

## Reaching Adolescent Parents (RAP II)

- Author:** Dr. Brenda Hurbanis and Patricia Adams RN, Sherry Patton MSW
- Producing Organization:** People Against Child Abuse, Inc.
- Target Parent Group:** adolescent parents
- Age of Children:** 7-11 years
- Number of Sessions:** 10-12
- Languages:** English, available soon in Spanish
- Facilitator Training:** special certification required through PACA
- Component for Children:** designed for use with RAP I program for children
- Stated Goal(s):** To prevent child abuse and neglect, and to prevent substance abuse.
- Example Topics:** health, nutrition, hygiene, basic living skills child abuse prevention, substance abuse, sexuality, STD prevention, personal financial management
- Cost:** \$2000 for site per course
- Materials included:** leader's manual, extensive list of resources, activities, graduation and certification materials
- Ordering Address:** PACA: Maryland Chapter of the National Committee to Prevent Child Abuse  
125 Cathedral Street  
Annapolis, MD 21401
- Phone number:** 410-269-7816  
**Fax number:** 410-268-5622

## Reaching All Parents (RAP III)

- Author:** Dr. Brenda Hurbanis and Patricia Barton
- Producing Organization:** People Against Child Abuse, Inc.
- Target Parent Group:** all parents
- Age of Children:** 7-11 years
- Number of Sessions:** 7-8
- Languages:** English, available soon in Spanish
- Facilitator Training:** special certification required through PACA
- Component for Children:** designed for use with RAP I program for children
- Stated Goal(s):** To prevent child abuse and neglect, and to prevent substance abuse.
- Example Topics:** disciplining children, self-esteem, decision-making, child development, child abuse prevention, substance abuse prevention, handling emergencies
- Cost:** \$2000 for site per course
- Materials included:** leader's manual, extensive list of resources, activities, graduation and certification materials
- Ordering Address:** PACA: Maryland Chapter of the National Committee to Prevent Child Abuse  
125 Cathedral Street  
Annapolis, MD 21401
- Phone number:** 410-269-7816  
**Fax number:** 410-268-5622



## Recovering Parents\*

- Author:** Barbara Langham, Editor
- Producing Organization:** Corporate Child Development Fund for Texas
- Target Parent Group:** chemically dependent parents, their spouses, adult children of alcoholics
- Age of Children:** 0-10 years
- Number of Sessions:** 8
- Languages:** Spanish
- Facilitator Training:** required through Corporate Child Fund
- Component for Children:** no
- Stated Goal(s):** To help parents learn nurturing skills to break the cycle of dysfunction and build a healthy family.
- Example Topics:** understanding child misbehavior, parenting skills, child development
- Cost:** \$450, includes training
- Materials included:** lectures, exercises, handouts, evaluation materials, references
- Ordering Address:** Corporate Fund for Children  
1611 West Sixth Street  
Austin, TX 78703-5059
- Phone number:** 512-472-9971  
**Fax number:** 512-472-5845
- Additional Comments:** Used in conjunction with STEP curriculum. They also have "Cava y Corozon" for working with Hispanic families and Harambe for African-American families.

## Reducing Stress in Mothers of Children with Special Needs

**Author:** not provided

**Producing Organization:** not provided

**Target Parent Group:** mothers with special needs children

**Age of Children:** all ages

**Number of Sessions:** 9

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To enhance current coping skills and to teach new survival skills and stress reduction techniques.

**Example Topics:** problem-solving, decision-making, stress reduction, coping skills

**Cost:** \$59.95

**Materials included:** leader's binder, homework, handouts

**Ordering Address:** KIDSRIGHTS  
10100 Park Cedar Drive  
Charlotte, NC 28210

**Phone number:** 1-800-892-KIDS

**Fax number:** 704-541-0113

## **Responsive Discipline: Effective Tools for Parents\***

**Author:** Charles A. Smith, Ph.D.

**Producing Organization:** Kansas Cooperative Extension Service

**Target Parent Group:** all parents

**Age of Children:** all ages

**Number of Sessions:** 6

**Languages:** English only

**Facilitator Training:** available through KSU

**Component for Children:** no

**Stated Goal(s):** To provide parents with the tools for guiding and nurturing children from early childhood through adolescence.

**Example Topics:** positive discipline techniques

**Cost:** \$5.55 + \$25 for video

**Materials included:** leader's guide, Discipline Toolbox cards, fact sheets, video

**Ordering Address:** KSU Extension Distribution Center  
16 Umberger Hall  
Manhattan, KS 66506

**Phone number:** 913-532-5830 or 913-532-5773

**Fax number:** 913-532-6969

**Additional Comments:** Please do not prepay order.

## Responsive Parenting\*

**Author:** Saf Lerman

**Producing Organization:** Responsive Management, Inc.

**Target Parent Group:** all parents

**Age of Children:** 1-10 years

**Number of Sessions:** 9

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To help parents develop effective and positive ways to communicate with and discipline their children.

**Example Topics:** child development, helping children express feelings and deal with fears, building cooperation and independence in children, helping siblings get along

**Cost:** \$120 plus \$24.50 per parent

**Materials included:** leader's manual, booklets, audio cassettes

**Ordering Address:** American Guidance Service, Inc.  
4201 Woodland Road, P.O. Box 99  
Circle Pines, MN 55014-1796

**Phone number:** 1-800-328-2560

**Fax number:** 612-786-9077

## Self-Esteem: A Family Affair

- Author:** Jean Illsley Clarke
- Producing Organization:** not provided
- Target Parent Group:** parents, grandparents, adoptive, and foster parents, and blended families
- Age of Children:** all ages
- Number of Sessions:** 8
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To improve self-esteem within the family for better parenting.
- Example Topics:** problem solving, communications, assessment of self-esteem level
- Cost:** \$16.95, plus \$12.95 per participant workbook
- Materials included:** leader's guide and participant's workbook complete with reproducible work sheets and handouts
- Ordering Address:** KIDSRIGHTS  
10100 Park Cedar Drive  
Charlotte, NC 28210
- Phone number:** 1-800-892-KIDS  
**Fax number:** 704-541-0113

## **Shaking, Hitting, Spanking: What to do Instead\***

**Author:** Stephen J. Bavolek, Ph.D.

**Producing Organization:** Family Development Resources, Inc. and KUTV, Inc.

**Target Parent Group:** all parents

**Age of Children:** all ages

**Number of Sessions:** 4, 30 minute vignettes

**Languages:** English; Spanish version due 1995

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To teach parents child-rearing strategies that are more effective than shaking, hitting, or spanking.

**Example Topics:** discipline methods and alternatives to corporal punishment

**Cost:** \$75 plus shipping and handling

**Materials included:** video, handbook

**Ordering Address:** Family Development Resources, Inc.  
3160 Pinebrook Road  
Park City, UT 84060

**Phone number:** 1-800-688-5822

**Fax number:** 801-649-9599



## **Siblings Without Rivalry\***

- Author:** Adele Faber and Elaine Mazlish
- Producing Organization:** Negotiation Institute, Inc.
- Target Parent Group:** all parents
- Age of Children:** all ages
- Number of Sessions:** 6
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To help parents help children learn how to live together.
- Example Topics:** problem solving, helping children deal with feelings, what to do when kids fight
- Cost:** \$99 plus \$26-35 per parent
- Materials included:** leader's guide, parent workbook, audio cassettes, exercises, puzzle, pocket cards, books
- Ordering Address:** Negotiation Institute, Inc.  
341 Madison Avenue, 20th Floor  
New York City, NY 10017-3705
- Phone number:** 1-800-747-8802

## Strengthening Multi-Ethnic Families and Communities

**Author:** Marilyn Steele, Ph.D.

**Producing Organization:** Consulting and Clinical Services

**Target Parent Group:** all parents

**Age of Children:** 3-18 years

**Number of Sessions:** orientation plus 12 sessions

**Languages:** English; available soon in Spanish

**Facilitator Training:** 3-5 day facilitator workshop

**Component for Children:** being developed

**Stated Goal(s):** To promote positive parenting, violence prevention, and cultural enhancement.

**Example Topics:** praise, contracting, anger management, cultural tradition and customs, community connections

**Cost:** \$485--facilitator, \$15--parent book

**Materials included:** parent book (one included, must order more separately), training workbook, activities manual, transparencies, parent work sheets, curriculum model

**Ordering Address:** Consulting and Clinical Services  
Care of: Dr. Marilyn Steele  
1220 South Sierra Bonita Avenue  
Los Angeles, CA 90019

**Phone number:** 213-936-0343

**Fax number:** 213-936-7130

**Additional Comments:** Call to get a free copy of the curriculum model.

## Strengthening Stepfamilies

- Author:** Elizabeth Einstein and Linda Albert
- Producing Organization:** American Guidance Service, Inc.
- Target Parent Group:** stepparents and their spouses
- Age of Children:** all ages
- Number of Sessions:** 5
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To provide information stepfamilies need to improve relationships in their new families.
- Example Topics:** strengthening the couple relationship, establishing good relationships with stepchildren, helping children adjust to changed family, developmental stages of stepfamilies
- Cost:** \$135 plus \$12.95 per parent/couple
- Materials included:** leader's guide, parent handbook, audio cassettes, wall chart, publicity aids, activities, certificates
- Ordering Address:** American Guidance Service, Inc.  
4201 Woodland Road, P.O. Box 99  
Circle Pines, MN 55014-1796
- Phone number:** 1-800-328-2560  
**Fax number:** 612-786-9077

## **Supportive Connections: Rural Communities and Single Parent Families\***

**Author:** University of New Hampshire Cooperative Extension

**Producing Organization:** University of New Hampshire Cooperative Extension

**Target Parent Group:** recently divorced, single parent families living in rural communities

**Age of Children:** school-aged

**Number of Sessions:** 5-7 workshops

**Languages:** English

**Facilitator Training:** not available

**Component for Children:** yes

**Stated Goal(s):** To create an awareness of how families cope with crises and the important role rural communities play in supporting these families; to conduct a preliminary assessment of the needs and resources of families in transition; and to identify some ways to address the needs of parents and youth in transition within the community.

**Example Topics:** divorce, managing economic resources, stress and time management, family decision-making, social support networks

**Cost:** \$85

**Materials included:** videos, training manual

**Ordering Address:** UNH Cooperative Extension  
214C Pettee Hall  
55 College Road  
Durham, NH 03824-3599

**Phone number:** 603-862-2493

**Fax number:** 603-862-3271

## Systematic Training for Effective Parenting (STEP)

- Author:** Don Dinkmeyer, Sr. and Gary D. McKay
- Producing Organization:** American Guidance Service, Inc.
- Target Parent Group:** all parents
- Age of Children:** all ages
- Number of Sessions:** 9
- Languages:** Spanish, English
- Facilitator Training:** available through AGS
- Component for Children:** no
- Stated Goal(s):** To help parents improve communications and relationships in their families.
- Example Topics:** understanding child behavior and misbehavior, communication skills, discipline
- Cost:** \$145--audio, \$285--video, plus \$12.50 per parent
- Materials included:** leader's guide, parent handbook, audio/video, booklet on substance abuse prevention, publicity packet, poster
- Ordering Address:** American Guidance Service, Inc.  
4201 Woodland Road, P.O. Box 99  
Circle Pines, MN 55014-1796
- Phone number:** 1-800-328-2560  
**Fax number:** 612-786-9077

## Systematic Training for Effective Parenting of Teens (STEP/teen)

**Author:** Don Dinkmeyer, Sr. and Gary D. McKay

**Producing Organization:** American Guidance Service, Inc.

**Target Parent Group:** all parents

**Age of Children:** teens

**Number of Sessions:** 10

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To help parents increase communication in families and deal with issues unique to raising teens.

**Example Topics:** communication skills, helping parents discuss issues with their children such as peer pressure, dating, use of alcohol and drugs, and sexuality

**Cost:** video-\$285; audio-\$145; plus \$12.50 per parent

**Materials included:** leader's guide, parent's handbook, audio/video, booklet on substance abuse prevention, poster, publicity packet

**Ordering Address:** American Guidance Service, Inc.  
4201 Woodland Road, P.O. Box 99  
Circle Pines, MN 55014-1796

**Phone number:** 1-800-328-2560

**Fax number:** 612-786-9077



## Teaching Parenting

- Author:** Jane Nelson and Lynn Lott
- Producing Organization:** Empowering People Association
- Target Parent Group:** all parents
- Age of Children:** all ages
- Number of Sessions:** flexible
- Languages:** English only
- Facilitator Training:** available, call 800-879-0812
- Component for Children:** no
- Stated Goal(s):** To provide a step-by-step approach to starting and leading experientially based parenting groups. Can be supplemental to a present program.
- Example Topics:** helping your children succeed in school, parenting styles, setting limits with young children, time management
- Cost:** \$39.95
- Materials included:** manual
- Ordering Address:** Empowering People BTV  
P.O. Box B  
Provo, UT 84603
- Phone number:** 1-800-456-7770  
**Fax number:** 801-377-2811

## The Child Care Series

- Author:** MELD
- Producing Organization:** MELD
- Target Parent Group:** all parents, designed for low-income/low-literacy parents; adaptations for Parents who are Deaf/Hard of Hearing, and Latino populations
- Age of Children:** 0-2 years
- Number of Sessions:** 80 or more sessions
- Languages:** Spanish, English
- Facilitator Training:** available; required for the Deaf and Latino adaptations
- Component for Children:** no
- Stated Goal(s):** To increase knowledge of child development, to help parents establish realistic expectations for themselves and their children, to decrease isolation by helping parents solve problems together, and to enhance the use of community resources.
- Example Topics:** Books 1 to 6: *Baby is Here: Newborn Care; Feeding Your Child; Healthy Child, Sick Child; Safe Child and Emergencies; Baby Grows; Baby Plays*
- Cost:** Parent Books: \$10 each; Curriculum Guides: \$18 each
- Materials included:** leader's guides, parent books
- Ordering Address:** MELD  
123 North Third Street, Suite 507  
Minneapolis, MN 55401
- Phone number:** 612-332-7563  
**Fax number:** 612-344-1959
- Additional Comments:** Other program management manuals are available to agencies who contract with MELD to become certified to operate MELD's community-based peer, self-help program.

## The Employed Parent

- Author:** Jeanie MacDonough, Florence Cherry, with Christian Dean
- Producing Organization:** Cornell Family Matters Project
- Target Parent Group:** working parents, teens, and single parents
- Age of Children:** all ages
- Number of Sessions:** 10
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To help parents plan for transition to employed parenthood.
- Example Topics:** time management, evaluating child care options, gaining cooperation of family members, expanding support networks
- Cost:** \$30 plus \$49 for video
- Materials included:** leader's guide, handouts, video, activity cards, poster
- Ordering Address:** Cornell Distribution Center-FM  
7 Business and Technology Park  
Ithaca, NY 14850
- Phone number:** 607-255-2080  
**Fax number:** 607-255-9946

## **The Video SOS! Help for Parents Education Program\***

**Author:** Lynn Clark, Ph.D.

**Producing Organization:** Parents Press

**Target Parent Group:** parents and childcare workers

**Age of Children:** 2-12 years

**Number of Sessions:** 1 to 4

**Languages:** video - English; parent handouts - Spanish & English

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To teach parents how to improve the behavior and emotional adjustment of children.

**Example Topics:** rewarding behavior, common discipline mistakes, time-out, logical and natural consequences, Grandma's rule, and 20 other methods

**Cost:** \$150 (shipping included), may be returned if not satisfied

**Materials included:** 65 minute videocassette, video program leader's guide, parent handouts, and *SOS! Help for Parents book*

**Ordering Address:** Parents Press  
P.O. Box 2180  
Bowling Green, KY 42102

**Phone number:** 502-842-4571

**Fax number:** 502-796-9141

**Additional Comments:** Additional parent education materials are available including "How to Use Time-Out Effectively" audiotape.

## **TIPPS for Families (Training in Positive Parenting Skills)**

**Author:** not provided

**Producing Organization:** Cowlitz County Human Resources Department

**Target Parent Group:** all parents

**Age of Children:** all ages

**Number of Sessions:** 12

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** yes, several classes at different levels

**Stated Goal(s):** To provide hands on parenting skills.

**Example Topics:** communication, realistic expectations, problem solving, family meetings, anger

**Cost:** free

**Materials included:** participant handouts, educator manuals

**Ordering Address:** Cowlitz County Human Resources  
207 4th Avenue North  
Kelso, WA 98626

**Phone number:** 206-577-3106  
**Fax number:** 206-423-9987

## Windows: Healing and Helping Through Loss

**Author:** Mary Joe Hannaford and Michael Popkin

**Producing Organization:** Active Parenting Publishers

**Target Parent Group:** all parents

**Age of Children:** Preteen/Teen

**Number of Sessions:** flexible

**Languages:** English only

**Facilitator Training:** available

**Component for Children:** yes, preteen/teen

**Stated Goal(s):** To help participants explore their own ways of coping with loss and build on this understanding with skills that will prepare them to help others.

**Example Topics:** Part I: Recognizing losses, factors affecting grieving, patterns of coping, stages of grief, finding meaning in grieving; Part II: Being available, communicating caring and concern, providing support, encouraging coping skills, helping with a plan of action.

**Cost:** \$199 for program plus \$11.95 for participant book

**Materials included:** video, leader's guide, 1 participant's guide, *When You Have Lost* booklet, *When You Want to Help* booklet, promotion guide, promotional brochures and posters

**Ordering Address:** Active Parenting Publishers  
810 B Franklin Ct.  
Marietta, GA 30067

**Phone number:** 1-800-825-0060  
**Fax number:** 404-429-0334

**Additional Comments:** Curriculum covers all types of loss (death, divorce, loss of job, moving, losing a heirloom etc...)



## Without Spanking or Spoiling\*

- Author:** Elizabeth Crary
- Producing Organization:** Parenting Press, Inc.
- Target Parent Group:** all parents
- Age of Children:** 2-5 years
- Number of Sessions:** 7 chapters
- Languages:** English only
- Facilitator Training:** not available
- Component for Children:** no
- Stated Goal(s):** To teach parents to raise children without spanking or spoiling.
- Example Topics:** 32 alternatives to spanking, over 150 tips to solving the most common behavior problems
- Cost:** \$12.95
- Materials included:** one book includes fill-in-the-blank problem solving sheets, exercises, summary sheets
- Ordering Address:** Parenting Press, Inc.  
P.O. Box 75267  
Seattle, WA 98125
- Phone number:** 206-364-2900  
**Fax number:** 206-364-0702
- Additional Comments:** This book is written for direct use by parents, however techniques can be transformed into a curriculum.

## Working with Pregnant and Parenting Teens -- Teacher's Guide

**Author:** Linda Barr, RN, Catherine Monserrat, Ph.D.

**Producing Organization:** At-Risk Resources

**Target Parent Group:** teen parents

**Age of Children:** prenatal-newborns

**Number of Sessions:** 17

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To prepare teenagers for the birth of their child.

**Example Topics:** considerations for the 90's, labor, pregnancy, adoption, breast feeding, shots, fathering

**Cost:** \$29.95

**Materials included:** extensive resource information, lesson plans, reproducible charts, illustrations and diagrams

**Ordering Address:** The Bureau for At-Risk Youth  
645 New York Avenue  
Huntington, NY 11743

**Phone number:** 1-800-999-6884

**Fax number:** 516-673-4544

## Working With Single Parent Families

**Author:** Florence J. Cherry

**Producing Organization:** not provided

**Target Parent Group:** single parents

**Age of Children:** all ages

**Number of Sessions:** 10

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To help single parents balance the pressures and responsibilities of work and their families.

**Example Topics:** time management, communication, managing stress, exploring support networks, adolescence, child and household management, child care

**Cost:** \$34.95

**Materials included:** facilitator binder, case studies, activities

**Ordering Address:** KIDSRIGHTS  
10100 Park Cedar Drive  
Charlotte, NC 28210

**Phone number:** 1-800-892-KIDS

**Fax number:** 704-541-0113

<p><b>Workwise: A Life Skills/Career Awareness Course for Teen Mothers &amp; Others</b></p>
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**Author:** Barbara Garner

**Producing Organization:** not provided

**Target Parent Group:** teen mothers

**Age of Children:** all ages

**Number of Sessions:** 39

**Languages:** English only

**Facilitator Training:** not available

**Component for Children:** no

**Stated Goal(s):** To teach young adults the basic life skills they need to set goals and get control of their lives.

**Example Topics:** finding and succeeding at a job, life skills, managing as a working parent

**Cost:** \$29.95-- teacher's manual, \$24.95 per student

**Materials included:** teacher's manual, student manual

**Ordering Address:** KIDSRIGHTS  
10100 Park Cedar Drive  
Charlotte, NC 28210

**Phone number:** 1-800-892-KIDS

**Fax number:** 704-541-0113

**Additional Comments:** Can be taught in classroom during school day.

## Young Family\*

<b>Author:</b>	MELD
<b>Producing Organization:</b>	MELD
<b>Target Parent Group:</b>	all parents, but especially designed for low literacy, at-risk parents
<b>Age of Children:</b>	0-2
<b>Number of Sessions:</b>	varies
<b>Languages:</b>	Spanish
<b>Facilitator Training:</b>	none, but training through MELD recommended
<b>Component for Children:</b>	some activities with children are incorporated
<b>Stated Goal(s):</b>	To strengthen families and teach about the baby.
<b>Example Topics:</b>	child development, feeding, health, safety
<b>Cost:</b>	\$178 for Young Family Package (may be purchased individually, bulk rates available)
<b>Materials included:</b>	facilitator's guide, parent information books, child development posters, baby book (workbook)
<b>Ordering Address:</b>	MELD 123 North Third Street, Suite 507 Minneapolis, MN 55401
<b>Phone number:</b>	612-332-7563
<b>Additional Comments:</b>	The MELD program has other versions which focus on parents of children with special needs, young fathers, young mothers, Hmong parents*





